

You're Invited to Enter Our

## Beauty Contest

Call and have a sitting. You will be pleased with our high-less work.

Your picture will be entered in the beauty contest. Valuable rizes to winners.

The Harvey Studio,

438 7th St. N. W. We give votes in The Herald \$25,000 contest.

# CLOTHES

CLEANING PRESSING REPAIRING

W. H. FISHER

700 9th St. nw. Phone M-1152 and We Will Call. 6 Give Votes in The Herald's \$3,00 Conte

BrocktonSampleShoeParlors 526 H Street N. E.

### Newly Opened

Washington's latest and most up-o-date Sample Shoe Store has re-ently opened with the most com-lete stock of sample shoes ever os-he market. Twill pay you to call.

### BUTTONS COVERED WHILE

YOU WAIT WASHINGTON BUTTON CO.

Phone Main 1931. 812 New York Ave. N. W. It's a Button. We Have It.' We give votes in The Herald \$25,000 contest.

### RISON'S

## MME. LEON MODISTE

513 12th St. N. W.

## GEO. D. SINCLAIR

## RIDING BREECHES

DRIVING SUITS

615 Penn. Ave. N. W. METROPOLITAN HOTEL BLDG. We give Herald \$25,000 contest votes



HOME SHOE REPAIR CO. 719 9th St. N. W. Work Called For and Bellvered. We Gire Votes in The Healt's E5,000 Condust.

COMPLETE S75 UP

finding couled, suitable case, embalanting, cod, opening of grave, three surriages, cut. &c., &c. Call or phone for further W. W. DEAL & CO., TELEPHONELINCOLN 3464

CONOMY MEAT MARKET



## Topics of Interest to Every Woman WOMEN

EDITED BY JULIA CHANDLER MANZ

### SEASONABLE TIME FOR CEREAL FOODS

Of Grain Foods Oats and Corn Are Best for Winter.

then serve.

By LIDA AMES WILLIS.

Considering them from the point of actual food values, the cereal products undoubtedly give us a greater amount of nourthment than measts, eggs. Acesse, or fresh vegetables, when we take in account the lack of knowledge of most cooks or the nature of the materials which they transform from the raw substance into body-building material for the growing individual, and life and health-giving substances to all dependent into the production that anything is good if it tastes good is misleading. When foods are properly cocked and acred, the flavors developed are very agreeable to the healthy, normal taste, and this has much to do with the perfect digreation and assimilation of food that are good for us. But a cook uneducated in the actence of cocking will resort to artiflees of the craft to trick the taste. For palates overindinged in high season line and simple and sill, efficiency, the qualification of a good cook; while, in reality, it often indicates quite the reverse. Naturally, in the hands of such a cook creal or grain foods are almost acrtain to produce dahes that are flat, in the accident Northern climates, being the hordour Northern climates, being the cook creal or grain foods are almost acrtain to produce dahes that are flat, in the cooking and being thrown away, as is the case when green vegetables are cooked in a large quantity of water, which is drained off and thrown away, as is the case when green vegetables are cooked in a large quantity of water, which is drained off and thrown away as useless.

In the water does not extract any component part, which is watered and suppers. But the cooking heavy as a may taste.

In the reproduct that are rich in untrients.

Crucked dediciency in fats and guines, and before heavy the produce dained to produce the produce that the produce that the produce the produce that the produce the produce that the produce that the produce the produce that the produce the produce that the produce that the produce the produce that the produce t

### Graham Mush with Dates.

Graham Mush with Dates.

mice dish for children's luncheon.

three pints of boiling water use a
t of Graham meal and a teaspoonful
sait. Sift the floor in with the left
and stirring constantly with the right,
order to keep it free from lumps,
il randtly for twenty minutes; and
t before it is done stir in a dosen or
or dates, seeded, and cut to small
car. Turn into a dish rined with cold
ter to prevent sticking. Let stand
til it is firm enough to cut in nice
see. For breakfast, serve with sugar
t cream while still hot. For luncheon,
alices may be spread with felly and
to consistent may be stirred instead
of consistent may be sized. Simpel

## Boiled Wheat.

a buttered earthen dish and cover. Set the dish in a pan of boiling water: and place in a moderate oven, bake two hours. In the morning sgain put the covered dish in a pan of boiling water and place in the oven for half an hour, then serve.

Graham Plum Pudding.

Graham Plum Padding.

Take two cups of best Graham flour, sifted, and then measured; add half teaspoonful salt, half teaspoonful soda, a teaspoonful baking powder, and a cup of nuts, either almonds, English walnuts, or pecans; a cup of raisins, a cup of milk, and half cup of molasses. Flour the raisins lightly. Sice and chop the nuts fine; then add molasses and milk to the flour; mix well and quickly; add raisins and nuts, well and quickly; add raisins and nuts, and again mix thoroughly. Butter a mold, turn in the batter, cover closely, and boil three hours. Seve with lemon sauce.

Old. Prachlenge Cornmen! Week.

### NEW WAIST MODEL



## Health and Beauty Aids

A. J. H.: You can have beautiful, long, glossy and fluty hair of rich, even color if you shampoo carefully at least once every month with any wash that does not contain "free" shall. Do not use soil. The heart, must dependable and soil that the shampoo carefully at least once were month with any wash that does not contain "free" shall. Do not use soil. The heart, must dependable and soil that the shampoof carefully at least once with the shampoof

FRESH

WE Give votes in The Benefit's BLUE Content.

FRESH

MEATS

FRESH

MEATS

Table Luxuries. Eigin Butter.

DRURY'S

Give Votes in The Benefit's BLUE Content.

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Give Votes in The Benefit's BLUE Content.

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Bilanche B.: Yes, you can reduce your of clean. Bilanche B.: Yes, you can reduce your of clean without dieting or exercise. Relief may be found in this harming the strike. The Herul's ELSE Center.

Housewives Flock to The Washington Herald Cooking School Course.

### HEAR MRS. RUGGLES TALK

Good Things, Hot from Range, Passe Around to 600 Visitors—To Continue Every Day This Week.

TO-DAY'S PROGRAMME.

Grilled chops with paraley butter. Crisp pointoes. Macaroni Milanaine. Date Rolls.

Kitchen on Stage.

The stage had been turned into a fully equipped hitchen that could satisfy every want of the most exacting cool. The gas range and the full was donated by the Washington Gas Light Company. A Hoorier cabinet that contained all of the necessary ingredients for the culinary wonders that were to come to light under the deft fingers of the lecturer had been loaned by the Knock Furniture Company. The dishes came from the store of Dulin & Martin Co., and the refrigerator from Mayer & Co.

The lectures will continue through Sat-

is to G inches bust measure. Medium state will require 15 yards of 3-inche many of several properties and \$1 of a yard of 3-inche contrast-ling goods. The contrast to get a series of the series of t

Glorified Process.

Cooking with Mrs. Ruggies is certainly a glorified process.

No fuss and extra trouble, no dissureable oders of broiling and frying, no sticky fingers or spotted apron, and everything exact and beautifully estinfactory as to results, just about sams up the process, and if she can beach everybody in a week's time that attends her school to cook like she does, our city will have undergone one of those atlent and bloedless revolutions that in these modern times are so fruitful as to victory.

## FAVORS for the VALENTINE PARTY

Favors and table decorations in great variety. Compare our prices with others and you will see why it will pay you to buy here.

### WOULD HONOR WAR HERO.

## TO HUNT SEA ELEPHANTS AND GREAT KODIAK BEAR

## WOMAN'S PROBLEM

## **DR. PIERCE'S FAVORITE PRESCRIPTION.**

DR. PIERCE'S PLEASANT PELLETS REGULATE AND INVIGORATE

# Last Special Award



To Be Given to the Person Casting the Most Votes in The Advocates' Merchants and Manufacturers' Contest in The Washington Herald, between February 3 and February 24,

## A \$750 CONOVER **BABY GRAND PIANO**

PIANOS, MUSIC AND VICTOR TALKING MACHINES 1330 G St. N.

Foster Building The person casting the votes need not be a contestant, and the votes may be cast for any candidate selected.

A Word About the Conover

be cast for any candidate selected.

After careful investigation and comparison of values. The Advocate purchase the careful investigation and comparison of the careful investigation of the careful in the careful investigation of the careful invest



